Tmes - Virginian

In The Heart of The Dark Tobacco Belt
Appomattox, Virginia
Established 1892

CALVIN H. ROBINSON, Publisher.

Subscription $1.50 Per Year

MEMBER ..... Virginia Press. Association
MEMBER ..... American Press Association

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The columns of the Times-Virginian are open for the discussion of any subject affecting the public good.

Address all correspondence to the Times-Virginian, Appomattox, Va.

PEACE AT APPOMATTOX

Tuesday April 9 was the seventieth anniversary of the great American peace, made here at Appomattox on April 9, 1865. Such an ocassion gives Appomatoo the right to speak a message about peace to the world.

Four years of war disrupted the South and the nation. It took many years of peace to heal the material wounds. The scars of battle are bone of the bone, flesh of the flesh.

The peace made at Appomattox stands as one of the fairest pages in the chronicle of America's story. Any peace is so set apart.

On this anniversary, let the world read thig message from the McLean House: let us live in peace; let our great united republic set an example of friendliness and openness; let us, the citizens and people of the world INSIST on peace.

OUR MAY DAY

The school authorities of Appomattox are to be highly praised for the plan to have a county-wide Health and May day program here this year. The date set is May 3, and the public will join with several hundred pupils in making the event a success.

Superintendent J. A. Burke aply said this week, "Such events as this don't just happen, they require a lot of work, promotion and planning." That lot usually falls to the school teachers. We are fortunate in having capable to put across a worthwhile County May Day and we urge the patrons and general public to cooperate so this will be an annual event.

AFRAID OF A TEST?

Friends of the administration will be taken back at the surprising attitude of the government in regards to supreme court tests of the N. R. A. What was believed to be a strong case was selected by the justice department. Then when the supreme court was ready to hear arguments, the goverment suddenly withdrew the appeal. It was an open show of weakness. The point will be heard when the N. R. A. asks congress for a new lease on life.

We are of the opinion that the administration should yield to the almost unanimous wish of American business, and discontinue the whole N. R. A.

APPOMATTOX TRAINING SCHOOL NEWS

We are very happy to report that our school library has been given a grant of eighty odollars worth of books through the faithful efforts of our superintendent, Mr. J. A. Burke.

Mr. J. L. B. Buck, state supervisor of secondary education, was a recent visitor at our school. His visit was in the luterest of our work and activities concerning our placement on the state accredited list of high schools. According to his report we presented a favrable impression, in all state requirements except our library. We hope that this requirement will be met by our recent gift of library books.

The classes of the high school department are progressing nicely with their annual class plays. The following plays will be presentid by the classes: "Hands Up" a comedy in 2 acts by Lindsey Barbee; given by the first year class. "The Man Who Left the Farm" a rural play by Johnson, given by the second year class. "Uncle Tom's Cabin" by Stone given by the third and fourth year classes. Each play will be given during the week ofc ommencement.

The annual teachers' meeting will be held at the training school on Thursday, April 18. Mr. W. D. Gresham, state supervisor of Negro education, Mr. Buck and our superintendent, will appear on the program.

Marie Harris, one of our third year students, is recovering nicely from a recent operation for appendicitis at Lynchburg hospital.

—Frank Hutchins, reporter

Read the fertilizer ads in the Times-Virginian.

Subscription $1.50 yr. in advance

Good Dry-Cleaning will Freshen up Your CLOTHES AND MAKE THE FABRIC GLEAM AGAIN WITH NEWNESS. TAILOR PRESSING WILL PUT BACK SMART LINES.

Crutchfield's
Cleaners and Dyers
Lynchburg Virginia

666 checks Colds and Fever first day
LIQUID TABLETS SALVE-NOSE DROPS
Headaches in 30 minutes

FEMININE WEAKNESS

Mrs. Chidey Claycomet of Route 2, Clarksburg, (East View), W. Va., said: "About four years ago I was suffering from feminine weakness and had pains in my back and body also headaches. I got very little rest at night and felt terribly weak. After taking Dr. Pierce's Favorite Prescription all my suffering ended, and I have been in splendid health ever since." All druggists. Now say, tablets 50 cts., liquid $1.00. Write Dr. Pierce's Clinic, Buffalo, N. Y.

Buy Your Drugs At Home

OUR PRICES ARE RIGHT

25c Ex-Lax	.19
1.25 Kelp—A—Malt	1.09
1.00 Beef Wine Iron	.79
1.00 Angiers Emulsion	.89
Phillip's Tooth Paste—With Tumbler	.25
Pint Mineral Oil	.33
Pint Milk Magnesia	.29
Pint Cod Liver Oil Fri. & Sat.	.39
Wampoles Cod Liver Oil	.75
Wine Cardui	.79
Pint Antiseptic Solution	.29
Herb Juice	.89
Creomulsion	1.00
Pint Agarol, 1.50 size	1.09
75c Noxzema	.49
100 Milk Magnesia Tablets Fri. & Sat.	.29
100 Bayer Asparin	.69
100 Asparin Haskells	.29
Listerine, Large	.59
Ovaltine, Large Fri. & Sat.	.55
Ovaltine, Hospital	2.25
75c Pepsident Tooth Paste Fri. & Sat.	.31
Coty Face Powder	.69
50c Pepsodent Antiseptic	.39
Three Flower Face Powder with Perfume	.69
Those Crazy Water Crystals	.60, and 1.00

Try our Best Tonic. Good for run down condition, increases appetite, also good for simple anemia.

75c Floor Wax (guaranteed) .39
Sun Glasses &Goggles ..15—$1

TRADE AT HOME

Chas. F. James
THE REXALL STORE
Appomattox, Virginia.

"Best by test since 1884"

Blackstone Quality Fertilizer

51 years experience in making fertilizer for farmers of this section, means much to you.

Dark Tobacco Fertilizers
Bright Tobacco Fertilizers
Grain and Grass Mixtures

We recommend their uses and offer them for sale.

H. C. Babcock

A $1.00 Dinner for 4

YOU'LL enjoy your quarter of the following delicious dinner which can be served at a cost of a quarter each.

Salmon and Macaroni Balls
Fish
Peas in Cream Sauce 35c
Baked Hubbard Squash 13c
Tomato and Orange Salad 15c
Baking Powder Biscuits 11c
Peach Fluff 21c
Black Coffee 5c

Salmon and Macaroni Balls: Flake one-half of a tall can of salmon and add one cup of cooked macaroni which has been cut in small pieces. Add one cup of thick white sauce, one teaspoon lemon juice, and salt and pepper to season highly. Spread out on a plate to cool, then form into eight balls. Roll these in one-half cup of cracker crumbs, or fine bread crumbs, then in one egg which has been slightly beaten with one tablespoon of water, and then roll in the crumbs again. Just before serving, fry until golden brown in deep fat at 390 degrees. Serve two balls to each person and pour over them the following sauce:

Peas in Cream Sauce: Make a white sauce of one tablespoon butter, one tablespoon flour, and the liquor from one 11-ounce can of peas, adding sufficient milk to the pea liquor to make three-fourths cup of liquid. Season with salt and pepper and add the peas from the 11-ounce can. Heat and pour over the balls.

Peach Fluff: Beat together two egg whites and one-third cup of cream until nuffy. Add four tablespoons confectioner's sugar and a few drops of vanilla. Add one cup of well-drained canned peaches which have been diced, and two tablespoons of chopped nuts. Pile in glass dishes and chill."

CLASSIFIED ADS

FIRST 25 WORDS OR LESS
25 Cents (Paid In Advance Only)
Over 25 words, 1 cent per word
ADS for this dept. MUST be in our office by 12 noon Wed.

Postage stamps accepted in payment. We are not permitted to run Classified Ads in the Local News Column

Administrator's Sale
of
JOHN H. ROBERTSON'S Personal property at the home at Spout Springs, Va. on
Saturday, 3 P. M. April 27, 1935
Consisting of household effects, plows, rake, harrows, mule, corn-planter and other farming implements, to be sold at public auction. Terms: CASH. Creditors are requested to file their claims by this date.

J. MOTT ROBERTSON
Administrator
4:11,18,25

PURE BRED, blood tested white eghorn and R. I. Red eggs for sale. 50c per setting of 15, also R. O. P. Reds at 75c per setting.
Mrs. Carey E. Carson, Rt. 4, Appomattox, Virginia
4:11 1p

Salesmen Wanted:
WANTED: Man with car. Route now being covered but not necessary. Rawleigh Dept. VAD—7—M, Richmond, Va.

RELIABLE MAN WANTED to call on farmers in N. Appomatox County. No experience for capital required. Write today. McNESS CO., Dept. B, Freeport, Illinois. 4:18 1p

PLANTS FOR SALE: Tomato, early varieties, untransplanted 10c per dozen. Transplanted 15c per dozen; potted 25c per dozen. Lettuce: leading varieties, 100, 25c. Cabbage, Early Flat Dutch, Early Jersey, and Charleston Wakefield, 100, 15c, 500, 55c, 1000, $1.25. Postage extra.

Mrs L M Wilkes
Plant Grower — Appomattox, Va.

Two Short Stories
If you like short stories you will find two novels that can be read in a few minutes every Sunday in the American Weekly, the big magazine which comes with the Baltimore American. Buy your copy from your favorite newsboy or newsdealer.
(Adv.)

VIRGINIA:
In the Clerk's Office of the Circuit Court of Appomattox County on the 10th day of April, 1935.
Farmers National Bank, Plaintiff
Farmers National Bank of Appomattox, Va., ... Plaintiff
Against
P. O. Paulett, Annie Carrie Paulette, and Mary Louise Harvey, ... Defendants

The object of this suit is to have a substituted Trustee appointed instead of A. H. Clement, deceased, in a deed of trust recorded in deed book No. 29, page 398 in Appomattox Clerk's Office, in favor of the plaintiff. Land being owned by P. O. Paulette and Mary Louise Harvey.

And it appearing by affadavit filed that Mary Louise Harvey, is not a resident of the Statte of Virginia, she is hereby required to appear within ten days after the due publication of this order and do is necessary to protect her i ests in this proceeding.
TESTE:
C. W. SMITH, Clerk
Geo. F. Abbitt Jr., P. q
4:11 4t

Report Of Condition Of

The Bank of Appomattox

of Appomatox, State of Virginia, at the close of business, March 6th, 1935, made to the State Corporation Commission.

ASSETS

Loans and discounts	236,881.61
Overdrafts	8.00
United States Government obligations, direct and/or fully guaranteed	41,200.00
other bonds, stocks, and securities	2,100.00
Banking house $4,000.00; furniture and fixtures $2,850.00	6,850.00
Real estate owned other than banking house	9,710.00
Cash in vault, exchanges, cash items and balances with other banks	43,466.97
TOTAL ASSETS	360,156.58

LIABILITIES

Demand deposits, except United States Government deposits public funds and deposits of other banks	71,887.58
Time deposits, except postal savings, public funds and deposits of other banks	174,683.69
Public funds of States, counties, school districts, municipalities or other political subdivisions	32,810.00
Deposits of other banks, certified and cashiers' checks	70.00
Total of five items above:	
Secured by pledge of loans and/or investments 10,233.01	
Not secured by pledge of loans and/or investments 268,338.27	
TOTAL DEPOSITS	278,571.28
CAPITAL ACCOUNT	
Preferred stock, 400 shares par $50.00 per share	$20,000.00
Common stock, 800 shares, 50.00 per share	$40,000.00
Surplus	$15,000.00
Undivided profits, net	$1,261.24
Reserves for contingencies	$5,500.87
Total capital account	$81,762.11
Total liabilities	360,156.58

State of Virginia, county of Appomattox, ss:
I, J. J. Davidson, Cashier of the above-named bank, do solemnly swear that the above statement is true to the best of my knowledge and belief.
J. C. DAVIDSON, Cashier

Correct—Attest:
Don. Moses
H. M. Burge
R. L. Burke
Directors

Sworn to and subscribed before me this 10th day of April, 1935.
E. M. Burke, notary public

My commission expires 1:28:39

DISCOVERING PINEAPPLE

THERE is adventure for you—plenty of it—if you refuse to believe bothersome people who tell you that everything is already discovered and that there is nothing new under the sun.

Under the sun in Hawaii, now pineapples are ripening every day—each one a golden invitation to be explored. There is adventure in finding new ways to reap the best benefits from this Hawaiian harvest. It is true that millions of people know about pineapple and are using it, but anything that is new to you, individually, is a discovery. If you discover for the first time, for example, how delicious is pineapple sauteed in the juices of roast leg of lamb and used to garnish the platter with bits of currant jelly on top of each pineapple slice — then you have made a discovery! You can plant the flag and claim the territory for your family and its lineal descendants.

Set Sail

Fortunately, you have neither to beg the queen's jewels or to rig up a ship when you sail on the pineapple quest. You need only phone your grocer and get out your best recipes. When the pineapple arrives, you will find unlimited things to do with it. But, if you are a real adventurer, you will try out some new ways for yourself. You will try it not only as a dessert, or with meats or entrees with a tang and even in fruit salads.

If yours is a quest for pineapple as it is used in many lands, you need only consult books of foreign cookery to find interesting and delicious pineapple recipes. You will find Spanish salads which combine flaming pimiento with the gold of pineapple slices; Hawaiian chicken entranced by broiling pineapple slices with the chicken and hashing it with the juices of pineapple; East Indian dishes which combine pineapple with shrimp and with their curries. Do go exploring!

Claim These

Here are some pineapple discoveries worth planting your flag over and claiming for your own recipe collection:

East Indian Shrimp Salad: Peel eight firm uniform tomatoes, scoop out the centers, dust with salt inside and chill. Drain one cup of crushed pineapple, then mix with one cup of shredded cabbage; then, moisten with mayonnaise which has been well seasoned with curry powder. Fill the tomatoes with this. Hook four shrimps (canned or fresh) over the edge of each tomato cup and pile a little more curry dressing in the center. This serves eight persons.

Stuffed Meat Loaf: Mix together three-fourths pound of chopped lean three-fourths pound of chopped veal, one beaten egg, one-half cup of milk, one teaspoon salt and a few grains of pepper. Line the bottom and sides of a greased loaf pan with this mixture. Fill the cavity with a stuffing made by adding to one and one-half cups of dry crumbs, one-half teaspoon sage, one-half teaspoon thyme, a little salt, two tablespoons melted butter and one cup canned crushed pineapple. Cover with the rest of the meat, lay strips of bacon on top and bake in a 400 degree oven for about forty-five minutes. This serves eight persons.

Holiday Salad: Arrange pineapple slices from a No. 2½ can in nests of lettuce, and pile one cup of diced celery in the center. Cover the celery with red and green jelly cubes, one-half cup cranberry jelly sauce and one half cup mint jelly, plain or colored green. Serve with French dressing. Serves eight persons."

Richmond orders all dances to at midnight on Saturday night

Pope leads 30,000 in prayer peace.

Surrender at Appomattox 70 ago Tuesday, April 9.

Garden Club

Appomattox Garden Club will meet Friday at the home of Mrs. Harwood, with Mrs Harrison and Mrs George Langran as

VER OLDS Vicks VATRO-NOL Nose & Throat Aerosol
PREVENT MANY COLDS

Sure Sign Of Good Seeds
Buy where you see this sign
WOOD'S TESTED SEEDS
Choice of successful farmers and gardeners for fifty years.
WRITE for a Free copy of Wood's Catalog offering Varieties, Old Favorites, Planting Table, etc. T. W. Wood & Sons, Richmond, Va.
Here's where to buy:

APPOMATTOX, VA.
D. Morris & Bro.
E. Smith

BENT CREEK, VA.
Mrs. F. Marks

PAMPLIN, VA.
S. Baldwin

SPOUT SPRINGS, VA.
M. Robertson

News Letters

Oakville

Oakville April 10.- Marion Lucado of Lynchburg is spending sometime with her grandmother, Mrs. E. J. Marsh.

Rev. and Mrs. C H Williams were dinner guests of Mr and Mrs. Willie Walton Sunday. They also visited in the home of Mr. and Mrs. Louise Moore in the afternoon.

Martin Coleman spent the week end with James Martin.

Miss Frances Hamilton was the guest of her sister, Mrs. Harry Lucado over the week end.

Miss Edythe Martin attended the junior league meeting at Rustburg on Saturday.

Miss Carri Webb, of Richmond, spent the week end with her sister, Miss Thelma Webb, in the home of Mrs. Curry Abbitt.

Miss Elizabeth Coleman spent the week end with Mr. and Mrs. T. E. Owens.

Guests of Miss Vivian Clarke on Friday night were Misses Carrie and Thelma Webb and Earnest Farrar.

Miss Idelle Ferguson spent the week end with her parents. She had as her guests: Misses Mary Jamerson and Myrtle Smith.

Jessie Harvey, Jr., attender the beauty contest at Darlington Heights last week. He was accompanied back by his sister, Miss Virginia Harvey who spent the week end with her parents.

Misses Marie and Ida Harding spent the week end with Misses Ines and Allyne Harding.

Miss Vivian Clarke spent Saturday night and Sunday with Mr. and Mrs. H. E Marshall at Hickory.

Miss Colell Phelps is spending this week in Lynchburg.

HONOR ROLL, OAKVILLE

First grade: Lucile Phelps, Barbara Smith, Robert Stephens.

Second grade: Kenneth Coleman, David Martin, Louise Walton, Addie Lucado, Elaine Phelps.

Third grade: Polly Coleman, Jesalyn Moore, Gertrude Doss, Edmonia Phelps, Doyle Martin, Brandford Lucado, Richard Bass, Ralph Harris.

Fourth grade: Belle Martin, Huldah Wilkerson, Carlton Marsh.

Fifth grade: Russel Moore, Ellen Martin, Helen Martin, Martha Virginia Martin.

Sixth grade: Pearl Robertson, Evelyn Martin, Eugenia Walton, Kathleen Harris, Francis McCormick, Rachel Lee Phelps.

Seventh grade: Lula Mae Ayers, Irene Lucado, Ethel Lee Phelps, Alvyn Harding, Virgilia Moore, Emzy Gardner, Rachel Stephens, Margaret Jamerson.

Eighth grade: Ruby Martin, Annie Martin, Louise Whitehead, Allie Coleman, Lillian Doss, Franklin Moore Harding, Mabel Martin.

Ninth grade: Mary Alice Ferguson.

HIXBURG

Hixburg, April 10.- Miss Carrie Hix will spend the Easter holiday with friends at Hixburg.

The Rev. Sneeding of the W. M. was held with Mrs. Wilson Hix on Thursday.

Mrs. J. R. Marshall was the leader.

Recent heavy rains have delayed farm work in this section.

PAMPLIN

Pamplin, April 10.- Recent guests of Miss Isabelle O'Brin were: Miss Ruth Gilliam and Miss Katherine Gills, of Appomattox.

Rev. and Mrs. T. H Meads and Mrs. N A Davis spent a part of last week in Richmond.

Rev. and Mrs. Hiram Reeves attended a Christian Endeavor meeting in Farmville recently.

Recent guests of Mr. and Mrs. F. S. Turnes were: Miss Ina Turnes, of Petersburg, and Miss Frances Turnes of Dorrington Heights.

Miss Mary R. Owen Black, of S. T. C., spent the week end at home.

Miss Meade Doss entertained at a bridge on Saturday evening.

SOCIAL AT PAMPLIN

Pamplin, April 10.- The Pamplin Baptist Training Union enjoyed a social held at the Masonic Hall on Tuesday evening.

The hall was beautifully decorated in green and white. The adults, seniors and intermediates combined in the program. Games and contests were enjoyed. Mrs. W M Black is director of the training union. She was aided in the social by Miss Illene McClenny and Miss Patty Brandon. A salad course was served.

LIBERTY CHAPEL SCHOOL HONOR ROLL

First grade: Eloise Smith, Sallie Thornhill, Lillie Thornhill, Eleanor Smith, Preston Coleman.

Second grade: Alice Harris, Alice Booker.

Third grade: Lillian Spiggle, Bessie Thornhill, Calvin Brown.

Fourth grade: Garland Garette.

Fifth grade: Marshall, Lucille Gillum, Sallie Reynolds, Harry Thornhill.

Sixth grade: Virginia Stanley, Lonnie Reynolds, Francis Garrette, James Thornhill.

Seventh grade: Alfa Garrette, Ruth Coverdine.

Eighth grade: Alice Townsend, Alfred Thornhill.

Ninth grade: Hazel Lee Coleman

Vera

Vera, April 10.- Mr. and Mrs. Scott Beale spent Saturday night with Mr and Mrs. Willie Beale.

Miss Florence Grow, of Richmond, spent a few days with her mother Mrs. Alice Grow, recently.

Mr. Mamie Beale, Mrs Lula Beal, and James and Walker Beale and Walter Robertson drove to Lynchburg Saturday.

Hallie Burke and Mr. and Mrs Grover Childress left Sunday for Washington.

Mr. Edwin Hamilton and son, Hunter and Bennie Beale spent Sunday in the home of Willie Beale.

Miss Edna Chenault spent the week end in Lynchburg.

Black-Draught Brings Refreshing Relief of Constipation Troubles

Constipation produces many disagreeable sensations, several of which are mentioned by Mr. T. E. Stith, of Boonville, Ind., who writes: "I have used Thedford's Black-Draught many years when needed for billousness and other minor ills when a laxative was needed. I have a tight feeling in my chest when I get billous. I get dizzy and feel very tired, just don't feel like doing my work. After taking Black-Draught, I feel much better. This is why I continue to use it when needed." . . . Thedford's Black-Draught is a good, purely vegetable laxative, obtainable for 25¢ a package.

Only FORD owners enjoy these economies

The 1935 Ford V-8 is the most economical Ford car ever built . . low in first cost . . low in operating cost . . and, in addition, the liberal Ford Exchange Service keeps maintenance costs at rock-bottom!

SAVE TIME AND MONEY! It takes only 4 to 7 hours to install a factory reconditioned engine in less than the cost of an ordinary "overhaul."

DO you know that when the time comes for a Ford V-8 engine to be "overhauled" you do not need to go to the usual expense and delay involved in an "overhauling" job?

You can exchange your Ford V-8 engine for an engine that has been reconditioned at the factory . . . and there is no extra charge for labor.

Installation can be made in from 4 to 7 hours, far less time than it takes to "overhaul" an engine. This Exchange Service applies also to other parts, including many in addition to those shown.

This Exchange Service is a welcome Ford feature—a real money saver. Contrast this Exchange Service, which gives you new engine performance for a very nominal price, with the usual expense of an engine "overhaul." Get the facts from your Ford Dealer and learn of this extra Ford economy.

• • •

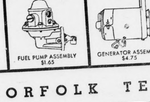
For these reasons, and because the new Ford V-8 is the most comfortable, beautiful and economical Ford ever built, we urge you to see it at your Ford Dealer's. Ask about the easy Universal Credit Company terms.

BEAT THIS FOR ECONOMY!
PRICES FOR EXCHANGE OF FACTORY-RECONDITIONED UNITS

CARBURETOR ASSEMBLY $1.65

DISTRIBUTOR ASSEMBLY $1.90

CLUTCH DISC ASSEMBLY $2.75


FUEL PUMP ASSEMBLY $1.65

GENERATOR ASSEMBLY $4.75

BRAKE SHOE (Each) $.45

Local Truck and Fleet Operators Know These Economies, Too!

This Ford Engine and Parts Exchange Plan has been tested and proved by individual Ford truck owners and fleet operators from coast to coast, including many right in this community. Any Ford Dealer will be glad to explain this money-saving service to you.

FORD V-8
FORD DEALERS OF NORFOLK TERRITORY

Farmville, Va. Jan. 10, 1935

I have used your Robert-on Special Fertilizer for Tobacco and am very much pleased with the results.

My tobacco was rich and fat and covered a good color and when sold brought a very sad factory price. In fact, it was the best tobacco I ever made on this lot.

(Signed) R. C. Walthall

ROBERTSONS Powers FERTILIZERS
THE BETTER INGREDIENTS FERTILIZER
PROVEN FORMULAS FOR EVERY CROP
SEE THE NEAREST ROBERTSON AGENT

FOR SALE BY J. DAVIS MORTON THROUGH

H. C. BABCOCK, Agent,	Appomattox, Va.
C. T EVANS	Evergreen, Va.
JNO. S. YOUNG	Pamplin, Va
W W. MOORE, Agent	Dillwyn, Va.
HUNTER WILKERSON	Prospect, Va.

THE First National Bank

OFFICERS

E. P. Miller	President
O. B. Barker	Vice-President
J. D. Owen	Vice-President
J. L. Jones	Cashier
J. L. Nicholas	Assistant-Cashier
L. W. Horton	Assistant-Cashier

RESOURCES
Eight Million FiveHundred Thousand Dollars
The Old, Big, Strong Bank

Better Breakfasts

"UM—m! I've had breakfast," said the early bird, all puffed up and full of lovely worms, "and what a breakfast!"

"Ho—hum. I've had my beauty sleep," said the hay bird, slim and bright-eyed, poking her head out of the bird-house, "and what a sleep!"

Sleep and Eat

The lesson, if any, lads and lasses, which we are to glean from the birds, is that you can't have your sleep and eat it. But you can—providing you know the trick. —sleep a little longer and eat a little better, if you plan some Better Breakfasts that are very delicious, yet quick to prepare. Note the pretty fruit cup in the menu. It's quickly prepared. So is the cereal, if the wholewheat is cooked the evening before.

Invigorating food with fresh coffee forms a better breakfast to which you would be even willing to forego a few minutes of your beauty sleep. There's a trick about having your coffee fresh, but it's a very simple one. Simply order one of the many brands of coffee that are put in vacuum packed cans. There are so many of these brands that you'll be sure to find a blend to your liking, and the trick about them is that vacuum packing keeps them permanently fresh until the can is opened.

Orange and Grapefruit Daisies
Fried Wholewheat Cereal and Date Slices with Syrup
Bacon Cuels *Coffee*

Orange and Grapefruit Daisies: Cut the pest from California oranges, then cut in sections, removing all of the white fibre. Drain canned grapefruit, being careful not to break the sections. On each fruit plate form a daisy of alternate sections of orange and grapefruit, using about three sections of each. In the center place a plump stewed prune."